



NEWS RELEASE

MAYOR COLEEN J. SENG

www.ci.lincoln.ne.us

Lincoln-Lancaster Women's Commission 440 S. 8th St., Ste. 100 Lincoln NE 68508-2294 402/441-7716 FAX 402/441-6824

FOR IMMEDIATE RELEASE:
FOR MORE INFORMATION:

Dec.13, 2005
Lisa Kopecky, 486-8519
Bonnie Coffey, 441-8695

RETURN TO WORK/SCHOOL AND BREASTFEED YOUR BABY

Workshops educate and promote women returning to work/school as nursing mothers

Breastfeeding: Healthy Kids 2010, Medela and the Lincoln-Lancaster Women's Commission (LLWC) are cosponsoring educational workshops for women who are planning to return to their job or school schedules as a nursing mother.

The program teaches new and expecting mothers why breastfeeding is important for newborns and working moms. Program highlights include teaching nursing mothers how to be successful through information, resources and support that's available from community agencies and other nursing women currently in the work force or attending school.

Open to nursing mothers free of charge, the workshops will be held at the following times and locations:

- A light luncheon will be served at the workshop scheduled for Saturday, Jan. 28, 2006, from 9-11:30 a.m. at Milkworks, 5930 S. 58th St., Ste. W, Lincoln, NE. Call 423-6402 to make reservations.
- A light breakfast will be served at the workshop set for Saturday, April 8, 2006, from 9-11:30 a.m. at BryanLGH East Plaza, 1600 S. 48th St., Lincoln, NE. Call 481-3328 for reservations.
- A light breakfast will be served at the workshop set for Saturday, August 5, 2006, from 9-11:30 a.m. at St. Elizabeth Regional Medical Center, 555 S. 70th St., Lincoln, NE. Call 219-8000 for reservations.

Join other expectant or new mothers and learn why breastfeeding is important for working moms, gather tips from women who are making it happen, see how breast pumps work and find out where to get help.

Human Resource directors or those interested in corporate lactation programs is welcome to attend. There will be free drawings for nursing-related prizes and baby gifts. For more information, contact the Lincoln-Lancaster Women's Commission, 441-7716.